



GRATITUDE AND WELLNESS

August 2015

Then [Jesus] said to him, "Rise and go; your faith has made you well."

Luke 17:19

Luke 17: 11-19 tells the story about ten lepers Jesus healed. He instructed the ten to go and show themselves to the priests. On their way there, they were cleansed. Only one of them, when he saw that he was healed, came back to Jesus, praising God in a loud voice. He threw himself at Jesus' feet and thanked Him for what He had done.

But Jesus asked, "Were not all ten cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?" (The man was a Samaritan.) Then he said to him, "Rise and go; your faith has made you well." (Luke 17:17-19)

Why did Jesus say that to him? Hadn't He already healed him? Was He healing him a second time?

I believe what Jesus meant was that by showing his gratitude, the man was now made to be well in the true sense of the word. He received complete wholeness, a life he could live to the full. Being thankful is necessary if we're going to live this kind of life.

© marja Bergen

Copy to your heart's content. Share. But don't sell.

How could this apply to our lives? Would gratitude give us a life of wholeness and fullness too? We don't have to go far to find out.

Have you ever noticed the feeling of joy you feel when you thank God for something? Even the smallest things become a source of joy when we look at them with appreciation, one item at a time. I especially notice that happening to me when I examine the flowers in an early spring garden. After a long winter, it's a delight to see them blooming. I can't help but thank God for them. And, as I do so, I notice the joy rise up within me. My thanks multiplies the joy.

The same kind of joy comes to me when I photograph flowers. I show my appreciation to God by trying to capture the beauty with my camera. Looking through my viewfinder at what God has made thrills me. Through photography I thank Him.

Can you imagine how it would be if we expressed our thanks to God on a regular basis, as we go through our days? What are the many things we could thank Him for? And how would that affect the way we feel? I'm betting it would make an amazing difference to our lives.

Maybe we should adopt a gratitude habit. Like the Samaritan leper, we too could live life to the full.

As I wrote this, we were parked at a quiet campground in the BC Interior. The day before, I had noticed a wonderful grouping of wild roses growing underneath a stand of aspens. I got my camera out and photographed them. And today I share them with you here. I hope they give you joy.

marja